



UCCOOK

Waterford's Greek Beef Pita

with tzatziki & kalamata olives

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Waterford Estate

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	771kJ	4260kJ
Energy	185kcal	1019kcal
Protein	8.3g	46.1g
Carbs	19g	105g
of which sugars	2.3g	12.8g
Fibre	1.4g	7.8g
Fat	7.8g	43.2g
of which saturated	2.5g	14g
Sodium	624mg	3449mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Mince
5ml	10ml	Greek Seasoning
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & cut ½ [1] into half-moons</i>
30g	60g	Pitted Kalamata Olives <i>drain</i>
3g	5g	Fresh Dill <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
2	4	Flatbreads
40ml	80ml	Tzatziki
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. MMMINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the mince with ½ the Greek seasoning. Work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

2. SALSA-SALAD To a bowl, add the green leaves, the tomato, the olives, the dill, some lemon juice (to taste) and a drizzle of olive oil. Season with the remaining Greek seasoning (to taste) and toss to combine. Set aside.

3. TOASTY PITA Place a clean pan over medium heat. When hot, toast the pita until warmed through and slightly golden, 1-2 minutes a side. You may need to do this step in batches.

4. FLAVOURFUL FLATBREAD Top the flatbread with a generous dollop of the tzatziki. Load it up with the Greek-style mince and the salsa salad, topped with the crispy onion bits and roll it closed. Opa, Chef - dinner is ready!